

B. AMENDMENTS TO THE CLAIMS

32. (Currently Amended) An exercise apparatus enabling a full butterfly movement comprising:

(a) a frame with an upper region and a main pivot point axis located in the upper region, the frame further including a fore direction and an aft direction, the main pivot axis being located generally transverse to the fore and apt direction;

(b) a press arm having a main arm member and a pair of secondary arms, the main arm member pivotally connected to the frame about the main pivot axis, the secondary arms extending downwardly at rest and pivotally connected to the main arm member about secondary axes, the secondary axes being laterally spaced apart and inclined from the vertical in a forward direction less than horizontal; and

(c) a source of resistance coupled to the press arm, [wherein] said source of resistance comprises a weight coupled to the press arm via one or more cables;

wherein the press arms assume a natural rest position under the influence of gravity in which press arm handles are at a comfortable starting position for performance of a press exercise; further wherein stops to limit the inward or outward travel of the press arm handles are not necessary.

33. (Previously Presented) The apparatus according to Claim 32, wherein, during use, the secondary axes are at all times located below the main pivot axis.

34. (Previously Presented) The apparatus according to Claim 32, wherein, during use, the secondary arms are capable of pivoting inward and outward about their respective secondary axes while the combination is simultaneously pivoting about the main axis, thus allowing the user to perform either a straight chest press exercise motion or one incorporating a butterfly motion therewith.

35. (Previously Presented) The exercise apparatus of Claim 32, wherein the main arm member includes an upright portion having an upper end and a lower end, the upper end being pivotally coupled to the main pivot axis; the main arm member further including a

traverse cross member having a middle region connected to the lower end of the upright portion and first and second ends located laterally outward of either side of the middle region.

36. (Previously Presented) The exercise apparatus of Claim 35, wherein the secondary axes are disposed at the opposite ends of the transverse cross member.

37-39. (Previously Cancelled).

40. (Previously Presented) The exercise apparatus of Claim 32 wherein the secondary arms rotate about axes that are substantially parallel to each other.

41. (Previously Cancelled).

42. (Previously Presented) The exercise apparatus of Claim 32, wherein the secondary axes are orthogonal to the main pivot axis.

43. (Previously Presented) The exercise apparatus of Claim 32, wherein the secondary arms extend at an oblique angle relative to their respective secondary pivot axes.

44. (Previously Cancelled).

45. (Previously Presented) The exercise apparatus of Claim 32, wherein the cables are supported by at least one pulley rotatably mounted on the main arm member.

46. (Currently Amended) An exercise apparatus enabling a full butterfly movement comprising:

(a) a frame with an upper region and a main pivot point axis located in the upper region, the frame further including a fore direction and an aft direction, the main pivot axis being located generally transverse to the fore and aft direction;

(b) a press arm having a main arm member and a pair of secondary arms, the main arm member pivotally connected to the frame about the main pivot axis, the secondary arms pivotally connecting to the main arm member about secondary axes such that the arms are inclined from the vertical and extend downwardly below the horizontal when at rest, the secondary axes being laterally spaced apart and the press arms assuming a natural rest

position under the influence of gravity in which press arm handles are at a comfortable starting position for performance of a press exercise; and

(c) a source of exercise resistance coupled to the press arm comprising a weight coupled to the press arm via one or more cables, such that, during use, the secondary arms are capable of pivoting inward and outward about their respective secondary axes while the main arm member is simultaneously pivoting about the main pivot axis, thus allowing the user to perform either a straight chest [chess] press exercise motion or one incorporating a butterfly motion therewith.

47. (Previously Presented) The apparatus according to Claim 46, wherein the apparatus includes at least one starting position in which the secondary axes are located aft of the main pivot axis.

48. (Previously Cancelled).

49. (Previously Presented) The exercise apparatus of Claim 46, wherein the main arm member includes an upright portion having an upper end and a lower end, the upper end being pivotally coupled to the main pivot axis, the main arm member further including a traverse cross member having a middle region connected to the lower end of the upright portion and first and second ends located laterally outward of the middle region.

50. (Previously Presented) The exercise apparatus of Claim 49, wherein the secondary axes are disposed at the opposite ends of the transverse cross member.

51. (Previously Presented) The exercise apparatus of Claim 49, wherein the upright portion is located in a vertical plane, its lower end being below its upper end.

52. (Currently Amended) The exercise apparatus of Claim 49, wherein the lower end of the upper portion is aft of its upper end, whereby the connection between the transverse cross member and the upright [upper] portion is also aft of the main pivot axis.

53. (Previously Presented) The exercise apparatus of Claim 46, wherein the secondary arms rotate about axes that are substantially parallel to each other.

54. (Cancelled).

55. (Previously Presented) The exercise apparatus of Claim 46, wherein the secondary axes are orthogonal to the main pivot axis.

56. (Previously Presented) The exercise apparatus of Claim 46, wherein the secondary arms extend at an oblique angle relative to their respective secondary pivot axes.

57. (Currently Amended) The exercise apparatus of Claim 49, wherein the connection of the transverse cross member to the upright [upper] portion in a nonrotatable connection.

58. (Previously Cancelled).

59. (Previously Presented) The exercise apparatus of Claim 46, wherein the cables are supported by at least one pulley rotatably mounted on the main arm member.

60. (Currently Amended) An exercise apparatus enabling a full butterfly movement comprising:

(a) a frame with an upper region and a main pivot point axis located in the upper region, the frame further including a fore direction and an aft direction, the main pivot axis being located generally transverse to the fore and aft direction;

(b) a press arm having a main arm member and a pair of secondary arms, each with proximal and distal ends, the main arm member pivotally connected to the frame about the main pivot axis, the proximal ends of the secondary arms pivotally connecting to the main arm member about secondary axes, the secondary axes being laterally spaced apart and inclined from the vertical in a forward direction such that when at rest, the secondary arms extend downwardly at an angle below horizontal whereby the press arms assuming a natural rest position under the influence of gravity in which press arm handles are at a comfortable starting position for performance of a press exercise; and

(c) a source of exercise resistance coupled to the press arm, wherein the [said] source of resistance comprises a weight coupled to the press arm via one or more cables,

such that during use, the secondary arms are capable of pivoting inward and outward about their respective secondary axes while the main arm member is simultaneously pivoting about the main pivot axis, thus allowing the user to perform either a straight chest press exercise motion or one incorporating a butterfly motion therewith.

61-64. (Previously Cancelled).

65. (Previously Presented) The exercise apparatus of Claim 60, wherein the secondary arms rotate about axes that are substantially parallel to each other.

66. (Previously Presented) The exercise apparatus according to Claim 60, wherein the secondary arms extend at an oblique angle relative to their respective secondary pivot axes.

67. (Currently Amended) The exercise apparatus of Claim 60, wherein a [the] connection of a [the] transverse cross member to the upper portion in a nonrotatable connection.